

In the claims:

Claims 1-27 (Canceled)

28. A seating and positioning apparatus for a training apparatus in which an individual performs bending movements about the hip axis, said seating and positioning apparatus comprising:

a frame;

a seat supported by said frame;

said seat having an upper surface; and

a thigh engagement device for contacting and restraining an upper surface of a thigh of an individual utilizing such training apparatus and seated on said seat such that a buttocks portion of such individual is in contact with said upper surface of said seat.

29. A seating and positioning apparatus for a training apparatus according to Claim 28, wherein:

said thigh engagement surface includes a thigh bolster for engaging and restraining such upper surface of such thigh of such individual utilizing said training apparatus.

30. A seating and positioning apparatus for a training apparatus according to Claim 29, wherein said thigh engagement device additionally includes:

thigh engagement positioning means for selectively adjusting at least one of a height of said thigh bolster relative to said seat and a horizontal distance of said thigh bolster relative to said seat.

31. A seating and positioning apparatus for a training apparatus according to Claim 28, said seating and positioning apparatus additionally including:

a lumbar positioning device for contacting and positioning a lumbar region of an individual utilizing said training machine and seated on said seat such that a buttocks portion of such individual is in contact with said upper surface of said seat, said lumbar positioning device being disposed substantially immediately adjacent said seat.

32. A seating and positioning apparatus for a training apparatus according to Claim 31, wherein:

said lumbar positioning device includes a lumbar bolster.

33. A seating and positioning apparatus for a training apparatus according to Claim 32, wherein:

said lumbar positioning device additionally includes lumbar positioning adjustment means for selectively adjusting a substantially horizontal distance between said lumbar bolster and said seat.